

# Healthy Youth Nebraska:

## Addressing Risks, Resiliency & Barriers to Success

Monday, September 21st & Tuesday, September 22nd

Grand Island Midtown Holiday Inn - \$35.00 Registration Fee - 7:45am - 4:00pm\* - CEU's offered

### Keynote Speaker for Monday, September 21st:

Dr. Renaisa Anthony, MD, MPH

Department of Health Promotion and Social and Behavioral Health, UNMC

### Holistic Approaches to Positive Youth Development in Addressing Health Disparities

### Keynote Speaker for Tuesday, September 22nd:

Dr. Ruben Baler, PHD

Health Scientist Administrator, National Institute on Drug Abuse

### Addiction as a Brain Disease: What Does Science Tell Us?

#### Breakout Session Descriptions:

**Current Trends in Risky Youth Behavior and How the SCIP Program Can Help** - School Community Intervention & Prevention (SCIP) is a program designed to bring together families, school and the community to support student behavioral and emotional health. This session will explain the SCIP referral and intervention process and the current risky youth behavior trends.

**Effective Use of a LOSS (Local Outreach to Suicide Survivors) Team** - Suicide rates for adolescent teens in Nebraska continue to be higher than the national average. Learn what makes LOSS teams effective in assisting with a recent suicide, how they function in communities and the resources they provide for the survivors of suicide.

**Human Trafficking in Nebraska: Local Perspectives on a Global Issue** - Panel members will explain what human trafficking is from a personal perspective as well as how it is defined by the federal government, and learn how state, regional and local entities and organizations operationalize the definition in their work with trafficking victims and survivors.

**Influence of Culture of Special Populations** - The way in which culture influences us reaches beyond our race and ethnicity and has different effects for special populations. An understanding of culture can aid staff working with youth by increasing staff awareness of the impact of health disparities and how particular cultural influences might guide adolescent behaviors.

**Meeting Youth "Where They Are" to Promote Healthy Relationships** - This session will focus on healthy relationships as a part of positive youth development. Requirements of safe environments for relationship discussion, how to navigate in and out of an unhealthy relationship, and additional resources will be discussed.

**Mindfulness As a Protective Factor** - A growing body of evidence shows the benefits of mindfulness for children, youth, and adults alike. This interactive session will provide insight on how to utilize and coach youth on the use of mindfulness techniques to reduce the risk of mental health and substance abuse concerns.

**Providing Adolescent Health Services: Opportunities and Challenges** - Adolescent health issues can be very complex. This session will help caring adults address and manage these issues by recognizing the need for the holistic care of adolescents. This session will help participants identify barriers and concerns, utilize research, provide education, and be knowledgeable of the national guidelines to optimize an adolescent's health.

**Targeting Prevention Messaging to Teens** - Dr. Baler will interactively explore better ways of harnessing the power of science in the crafting of our prevention messages and interventions, based on a his range of working examples and the experiences of the attendees.

**Youth Development in Action: Strategies for Engaging and Supporting Older Youth with System-Involvement** - During this session participants will have the opportunity to learn about engaging young adults by utilizing the Positive Youth Development philosophy. Particular focus will be given to engaging disconnected young people; however, concepts will be applicable to all youth and young adult populations.

**Youth Who Engage in Non-Suicidal Self-Injury — What Does That Mean** - Cutting, burning, picking, pulling out hair. There are many ways that youth harm themselves that leave many adults asking "Why?" and "What do I do to help?" This session will help adults who work with youth understand non-suicidal self-injury and identify ways to talk to youth about their concerns.

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Grand Island Midtown Holiday Inn

### MONDAY, SEPTEMBER 21st

7:45 - 8:15	<b>REGISTRATION/CONTINENTAL BREAKFAST</b> - Grand Royal Room
8:20 - 8:30	<b>WELCOME &amp; INTRODUCTIONS</b> - Grand Royal Room
8:30 - 10:00	<b>KEYNOTE: HOLISTIC APPROACHES TO POSITIVE YOUTH DEVELOPMENT IN ADDRESSING HEALTH DISPARITIES, DR. RENAIISA ANTHONY</b> - Grand Royal Room
10:00 - 10:15	<b>BREAK</b>
10:15 - 11:30	<b>BREAKOUT SESSION 1</b> <ul style="list-style-type: none"><li>EFFECTIVE USE OF A LOSS (LOCAL OUTREACH TO SUICIDE SURVIVORS) TEAM</li><li>HUMAN TRAFFICKING IN NEBRASKA: LOCAL PERSPECTIVES ON A GLOBAL ISSUE</li><li>MINDFULNESS AS A PROTECTIVE FACTOR</li><li>YOUTH DEVELOPMENT IN ACTION: STRATEGIES FOR ENGAGING AND SUPPORTING OLDER YOUTH WITH SYSTEM-INVOLVEMENT</li></ul>
11:30 - 12:30	<b>LUNCH</b> - Grand Royal Room
12:45 - 2:00	<b>BREAKOUT SESSION 2</b> <ul style="list-style-type: none"><li>HUMAN TRAFFICKING IN NEBRASKA: LOCAL PERSPECTIVES ON A GLOBAL ISSUE</li><li>MINDFULNESS AS A PROTECTIVE FACTOR</li><li>YOUTH DEVELOPMENT IN ACTION: STRATEGIES FOR ENGAGING AND SUPPORTING OLDER YOUTH WITH SYSTEM-INVOLVEMENT</li><li>YOUTH WHO ENGAGE IN NON-SUICIDAL SELF-INJURY—WHAT DOES THAT MEAN</li></ul>
2:00 - 2:15	<b>BREAK</b>
2:15 - 3:30	<b>BREAKOUT SESSION 3</b> <ul style="list-style-type: none"><li>CURRENT TRENDS IN RISKY YOUTH BEHAVIOR AND HOW THE SCIP PROGRAM CAN HELP</li><li>MEETING YOUTH "WHERE THEY ARE" TO PROMOTE HEALTHY RELATIONSHIPS</li><li>PROVIDING ADOLESCENTS HEALTH SERVICES: OPPORTUNITIES AND CHALLENGES</li><li>USING SCIENCE TO CRAFT EFFECTIVE PREVENTION MESSAGES</li></ul>
3:30 - 3:45	<b>EVALUATION</b>

### TUESDAY, SEPTEMBER 22nd

7:45 - 8:15	<b>REGISTRATION/CONTINENTAL BREAKFAST</b> - Grand Royal Room
8:20 - 8:30	<b>WELCOME &amp; INTRODUCTIONS</b> - Grand Royal Room
8:30 - 10:00	<b>KEYNOTE: ADDICTION AS A BRAIN DISEASE: WHAT DOES SCIENCE TELL US? DR. RUBEN BALER</b> - Grand Royal Room
10:00 - 10:15	<b>BREAK</b>
10:15 - 11:30	<b>BREAKOUT SESSION</b> <ul style="list-style-type: none"><li>THE INFLUENCE OF CULTURE OF SPECIAL POPULATIONS</li><li>PROVIDING ADOLESCENTS HEALTH SERVICES: OPPORTUNITIES AND CHALLENGES</li><li>MEETING WITH "WHERE THEY ARE" TO PROMOTE HEALTHY RELATIONSHIPS</li></ul>
11:30 - 12:00	<b>LUNCH</b>
12:00 - 1:00	<b>LUNCH PLENARY - HOW CULTURE CAN BE BOTH A RISK AND PROTECTIVE FACTOR</b>
1:00 - 5:00	<b>* CLOSED SESSIONS FOR BEHAVIORAL HEALTH AND TITLE X</b>

# CONFERENCE OVERVIEW

## TARGET AUDIENCE

The Healthy Youth Nebraska: Addressing Risks, Resiliency & Barriers to Success Conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health professionals.

## LODGING

A block of rooms has been reserved for conference participants at the Midtown Holiday Inn, 2503 S Locust, Grand Island, NE:

**\$83 plus applicable taxes per room per night**

To make your reservations, please call the hotel at (308) 384-1330

**Room Block Name:** Nebraska Department of Health & Human Services

**Cutoff date for the room block is AUGUST 21, 2015**

## DIRECTIONS



**MIDTOWN HOLIDAY INN, 2503 S LOCUST, GRAND ISLAND, NE**

**Driving Directions:** From the East or West follow I-80 to Exit 314. Go North on S. Locust St. 5 miles to the Midtown Holiday Inn at 2503 S. Locust St.

## REGISTRATION INFORMATION

- Use the following link to register for the conference: <http://ne.gov/go/HealthyYouthNE15>
- All participants **MUST** register individually online. No faxed, emailed or mailed registrations will be accepted.
- Check or credit card accepted. A \$3.50 processing fee will be added to registrations paid by credit card. Indicate payment type when registering online.
- Make checks out to DHHS or Department of Health and Human Services, include conference name on memo line.
- Checks may be sent to:

**Mai Dang**

DHHS Lifespan Health Services  
Maternal Child Adolescent Health (MCAH)  
PO Box 95026  
Lincoln, NE 68509-5026

- **NO REFUNDS FOR CANCELLATIONS**
- **REGISTRATION DEADLINE: SEPTEMBER 11, 2015**
- To accommodate the temperature variations at the conference, please dress in layers or bring a sweater or jacket. Casual dress is appropriate.

## Continuing Education Units

A total of **9.0** contact hours will be available for nurses, social workers and mental health practitioners attending both days of the conference, 5.25 contact hours will be available for day 1 only and 3.75 contact hours will be available for day 2 only.

Sign-up to receive CEUs when registering online.

This program meets the criteria of an approved continuing education program for mental health practice.

## FOR MORE INFORMATION

**Michaela Meisner**

Adolescent Health Program Manager  
DHHS – Division of Public Health  
402-471-0538  
[Michaela.meisner@nebraska.gov](mailto:Michaela.meisner@nebraska.gov)

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